



18 Days

Peru & Bolivia

Inca Trail to Titicaca

This is the ideal introduction to Peru for school expedition groups wanting a varied, adventurous, responsible and rewarding expedition. With spectacular trekking amongst snow capped peaks and cloud forests, a great community led volunteer project working with small rural villages and all the highlights of Peru from Cusco and the Sacred Valley, to Machu Picchu and Lake Titicaca, this is a high-octane adventure that will live long in the memory of students and teachers alike. With expert Peruvian expedition leaders, your journey of discovery will be so much more than just self-development. These leaders will ensure you discover the history, culture, flora, fauna and people of this friendly and fascinating South American country.



Recommended expedition itinerary

Day
1-2

Arrive Lima & fly to Cusco

Bienvenidos! Welcome to Peru. On arrival in Lima we have a short connecting flight to Cusco where you will be met by our experienced Peruvian local team, including your tour leader, who will be with us for the duration of our trip. This afternoon there are no activities planned giving us time to relax and acclimatise.

Day
3

City & sites tour of Cusco

Today we will have the entire day to explore the attractions of Cusco with our guide. In the morning we visit the vast fortress of Sacsayhuaman. The skilfully constructed outer walls consist of massive blocks of stone, (the largest weighing over 350 tonnes) which must have been difficult to manoeuvre, let alone to cut and dress with such precision. The city itself, the old imperial capital, was laid out in the rough shape of a puma. Today, its orderly streets bear witness to the extraordinary skill of Inca stonemasons; many are still lined with precisely interlocked stonework serving as the foundation for later colonial buildings. We will explore the inner city on foot.

Day
4

Travel to Sacred Valley, visit sites

We will drive from Cusco to the Sacred Valley (approx. 2 hours). This is the heartland of the Inca Empire. With its warm climate and fertile soil, the Sacred Valley was considered the greenhouse of the Incas. We start with a visit to the village of Pisac (2950m) then onto the ruined fortress of Ollantaytambo.

Day
5-8

Project at Phiry

The community of Phiry is located to the north west of the city of Cusco, around 5 km from the town Ollantaytambo. The population is approximately 150 to 200 inhabitants, with most families working in agriculture. Many of the villagers rear small animal livestock (raising chickens, pigs, guinea pigs), and a handful of the villagers are engaged in tourism related activities as trek porters, cooks, and assistant guides. The community has a primary school which was built around 2 years ago, thanks to local Government assistance, and is currently fully operative with a teacher on a permanent basis. However, there is no children's playground at the school (no games for children like swings, slides, monkey bars, or seesaws). During our days at the village, we will work alongside local people and help build the children's playground at the school. Activities will include cleaning the area where the playground will be built, preparing the holes and foundations for the structures, mixing cement, painting the playground structures and finally installing them. We will be camping whilst at the school. Following this we will have a rest day and travel to the Sacred Valley with plenty of free time.

Day
9-12

The Classic Inca Trail

We will embark on the next stage of our Peruvian adventure trekking the famous Inca Trail to the gates of Machu Picchu. This is truly one of the world's greatest short treks. The scenery is stunning with amazing snow capped peaks and deep river valleys. Whilst the end goal of Machu Picchu is always in our minds, there are many other smaller Inca monuments and sites along the way that keep the trail interesting. The Trail is within the abilities of most reasonably fit people, but please come prepared, as the trail is 45 kilometres long and often steep. Each day's journey generally consists of seven hours of walking (uphill and downhill), with stops for snacks and lunch. Accommodation on the trek is camping (three nights). Double tents (twin-share) and foam camping mats will be provided. Our final day of the trek starts before dawn with a walk to Intipunku (the Sun Gate). Weather permitting, enjoy unforgettable views over Machu Picchu, the 'Lost City of the Incas' as the sun rises (and before it's crawling with tourists). We walk down through the site, then travel down to our simple accommodation in the town of Aguas Calientes situated on the valley floor below Machu Picchu.





Day
13

Machu Picchu

After an early breakfast we take a bus back up the winding road to Machu Picchu (approx. 30 mins). Machu Picchu is one of those genuinely magical places, and catching your first glimpse of the lost city of the Incas through the early morning mist is definitely a moment you'll never forget. We have a full day to explore the site with our local guide, getting a late afternoon train back to Cusco.

Day
14

Drive to Lake Titicaca

Today we travel across the high Altiplano to Puno on the shores of Lake Titicaca. We head steadily up to the La Raya pass (4335m) which is the northern limit of the Altiplano. We then descend through the desolate but magnificent scenery towards Puno. Along the way we may spot flocks of llamas and alpacas grazing on the windswept pastures. At 3,811m, Lake Titicaca is the highest navigable lake in the world. At this altitude the sun is very hot in the daytime but temperatures at night can drop below freezing in the winter months of June to August. We will stay overnight in Puno on the shores of Lake Titicaca.

Day
15

Into Bolivia – Copacabana, the Sun Island

A morning drive brings us to the small town of Copacabana, standing on a peninsula jutting into Lake Titicaca. Along the way we will pass through into Bolivia – including a stop at immigration and border controls. We gain our first sight of one of the great highlights of our trip, Lake Titicaca (3810m). The lake itself is immense, the second largest in South America. It was from this lake that the Sun God sent forth the man and woman who founded the Inca Empire, the legendary Children of the Sun. After a tour of Copacabana, itself a major attraction with a dramatic cathedral overlooking the main square, we will board a catamaran/ferry for the cruise to the Sun Island (Isla del Sol). We visit a number of sights including the Inti Wata Complex containing the largest amount of archaeological items founded in the island (and the largest variety of Andean flora and fauna available in Bolivia). We also visit the Inca gardens and walk up the steps to the old temple complex with stunning views of the island, the lake and the Andean mountain range in the distance. We will stay overnight in a small hostel on the Sun Island.

Day
16-17

La Paz

Rising early we have time to further explore the island before heading back by ferry to Copacabana. We drive 155km (approx. 3 hours) to the Bolivian capital at La Paz where we will check in and have the rest of the afternoon free. We have a full day to explore the Bolivian capital. Standing at 3636m above sea level, La Paz is cupped in the palm of two magnificent mountains. We will enjoy a walking tour of the colourful street markets. On one of our evenings here we have the opportunity to go and see the spectacle of Cholitas wrestling - a popular local spectacular sport (optional).

Day
18

Flight home

We will leave the hotel early for our flight back to the UK, arriving on day 19 full of fabulous new memories and experiences to share!

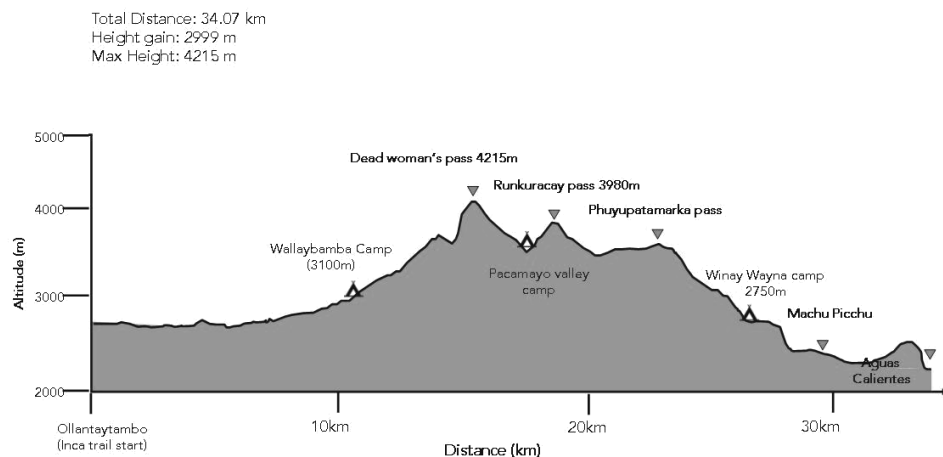
Further information

Look what's included!

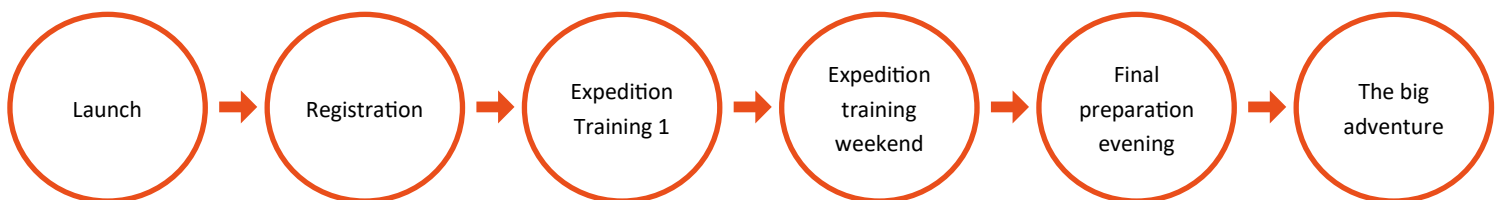
- International flights
- All accommodation
- All food
- All transportation and activities
- Bi-lingual, first-aid qualified local expedition leader
- Parent and student expedition launch evening
- Comprehensive pre-expedition training programme
- 1-day offsite safety INSET day for staff
- ATOL financial protection
- Medical Emergency / Repatriation Travel Insurance
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Carbon offsetting of all flights
- Free t-shirt for every participant and teacher

What's excluded?

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Personal spending money
- Tips for guides, drivers and porters
- Airport departure taxes paid locally
- Cancellation and personal effects insurance



Your expedition timeline



Physical expedition rating:

● ● ● ● ○ 4/5

Fitness is important at this grade, which compares to extended walking in mountainous terrain such as the Lakes or Snowdonia, for up to three to five days in a row. It is likely that significant sections of a trip will involve walking and trekking with some days up to eight hours. Some of the trip could be at altitudes of up to 4,500m, but the itinerary will be designed with appropriate acclimatisation in mind. Be prepared for significant possible variations in temperatures throughout the tour. There is not usually time to 'get fit' on these treks, so a two to four month fitness improvement programme would ensure you get the most out of the trip.

Culture shock rating:

● ● ● ○ ○ 3/5

Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.



A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey

1 Get your tailor-made proposal and further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an itinerary just for you. Contact us for more information and a detailed quote.

2 Ask for risk assessments and marketing materials

We can provide initial risk assessments and destination threat assessments to help you with your expedition approval process. Ask for posters and your pre-booking information pack too.

3 Arrange an expedition launch evening at your school

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening with opportunity for questions.



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